

LUNCH



box lunch

SANDWICHES

Muffaletta salami | Carlton Farms ham | olive salad | tomato | lettuce | Telera roll

B.L.T.T applewood smoked bacon | lettuce | turkey | sun-dried tomato aioli | focaccia bread

NW Chicken thin sliced blackberry-coffee glazed chicken breast | lettuce | tomato | hazelnut pesto spread | Telera roll **D**

Caprese fresh mozzarella cheese | heirloom tomato | shaved purple onion | fresh basil | white balsamic chevre spread | lettuce | focaccia bread **V**

add chicken \$2.00

Vegan Italian marinated-oven baked tofu | grilled zucchini | shaved purple onion | red pepper lettuce | heirloom tomato | Italian herb vinaigrette | Telera roll **V**

Grilled Steak marinated-grilled steak | Tillamook aged white cheddar | grilled bell pepper | roasted corn-basil spread | Telera roll

SALADS

Salmon Salad house spiced rubbed salmon on a bed of greens w/hard boiled egg | tomato | olive cucumber | lemon herb vinaigrette **G D**

Shrimp Caesar Salad chopped romaine | parmesan | house-made croutons | Caesar dressing

substitute Chicken

Steak Chopped Salad mixed greens | tender grilled and sliced steak | sharp Tillamook aged cheddar | tomato | grilled bell pepper | roasted corn | fresh herb vinaigrette **G**

Mediterranean Chop Salad mixed greens | salami | olives | tomato | cucumber | feta | bell peppers | onion | chickpeas | fresh herb vinaigrette

- V** Vegan
- G** Gluten Free
- D** Dairy Free
- V** Vegetarian

all boxed lunches include:

bottled water | potato chips (sandwiches) or artisan bread + butter (salads) | quinoa salad | house made cookie

23.00 per box | minimum order of 25 | maximum order of 200

25 - 49 guests choose 4 types | **50 - 100 guests** choose 5 types | **101 - 200 guests** choose 6 types

diy spreads

FORKS DELI SPREAD

DIY Sandwich :

Turkey Breast | Roast Beef | Herbed

Chicken | Salami **D**

cheddar | swiss | pepperjack | provolone |
tomato | lettuce | onion | pickle | mayo | dijon
| spicy brown | mustard | whole wheat |
multigrain | sourdough | rye

Assorted Chips **G** | **Cookies**

Lemonade or Iced Tea | Ice Water

BURGER BAR

DIY Burger:

Beef Burger **G** **D** **Turkey Burger** **G** **D**

Veg Burger **G** **V**

Mushrooms | Bacon | Cheddar | Swiss |
Lettuce | Tomato | Onion | Pickle |
Avocado | Crispy Onion | Mayo |
Mustard | Ketchup | Burger Buns

Assorted Chips + Cookies

Lemonade or Iced Tea | Ice Water

GYROS BAR

DIY Gyro:

Chicken **G** **D** | **Gyros Meat** **G** **D** | **Falafel** **V**

G
Hummus | Tzatziki Sauce | Olive | Feta |
Tomato | Cucumber | Lettuce | Flatbread

Assorted chips + Cookies

Lemonade or Iced Tea | Ice Water

PASTA BAR

DIY Pasta:

Penne | Spaghetti | Chicken | Meatballs

Alfredo Sauce **V** | Marinara **V** **G** | Bolognese

G **D**

Mushrooms | Olives | Parmesan

Cookies + Garlic Bread

Lemonade or Iced Tea | Ice Water

\$22.00 per person | Choose 1 signature side on page 6

VIVA LA MEXICO

DIY Burritos:

Tequila-Lime Marinated Chicken | Pork

Carnitas | Southwest Ground Beef **G** **D**

Pinto Beans | Arroz Roja **V** **G**

salsa verde | pico de gallo | shredded lettuce
| cheddar | sour cream | avocado | corn +
flour tortillas |

Cookies + Tortilla Chips + Salsa

Lemonade or Iced Tea | Ice Water

BUILD-A-BOWL

DIY Grain Bowl :

Quinoa | Jasmine Rice | Brown Rice

Chicken | JackFruit or Tofu | Shrimp **G** **D**

Zucchini-Mushroom Sautee

black beans | tomato | corn | olives |
edamame | cheddar | pepitas | goddess
dressing **V** **G** | shoyu sauce **V** **G** | yummm
sauce **V** **G**

Cookies + Focaccia Bread + butter **V**

Lemonade or Iced Tea | Ice Water

MR. POTATO HEAD

DIY Baked Potato:

Baked Russet Potatoes | Baked Yam **V** **G**

broccoli | cheddar | applewood-smoked bacon
| peas | scallions | sour cream | butter | pepitas
| mushrooms

Vegetarian Chili **V** **G**

Cookies + House-Made Corn Bread **V**

Lemonade or Iced Tea | Ice Water

V Vegan

G Gluten Free

D Dairy Free

V Vegetarian

chill out

FARM FRESH FAVORITES

Deconstructed Salad

Choose One - Plattered with rows of ingredients displayed to build-your-own salad. Includes choice of two sides, bread + butter, assorted cookies and lemonade OR iced tea, and ice water

Salmon Salad - mixed greens | house spice rubbed salmon | hard boiled egg | olive | tomato | cucumber | lemon-herb vinaigrette **G** **D**

Steak Salad - mixed green | tender grilled and sliced steak | sharp Tillamook cheddar | tomatoes | bell peppers | roasted potatoes | crispy onion | balsamic vinaigrette

Garden Salad - mixed greens | tomato | cucumber | carrot | bell peppers | broccoli | mushroom | zucchini | shredded cheese | pumpkin seeds | ranch + balsamic vinaigrette **V**

Southwest Chicken Salad **G** - mixed greens | chili-lime marinated grilled chicken | corn | black beans | tomato | shredded cheese | crispy corn tortilla strips | cilantro-lime vinaigrette

G

also includes:

Choice of two Signature Sides see page 6

Focaccia Bread + butter

Assorted Cookies

our pastry chef's selection of cookies

Lemonade or Iced Tea | Ice Water

Disposable Tableware

plates | flatware | napkins | drinkware

\$22.00 per guest 25 guest minimum

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chill out

WINNING COMBINATION

our signature sandwich + wrap display

25-49 choose 4 | 50+ choose 5 | 100+ choose 6

SANDWICHES

Grilled Steak

marinated-grilled steak | tillamook aged white cheddar | grilled pepper | roasted corn-basil spread | telera roll

Vegan Italian V

marinated-oven baked tofu | grilled zucchini | shaved purple onion | red pepper | lettuce heirloom tomato | italian herb vinaigrette | telera roll

Caprese V

fresh mozzarella | heirloom tomato | shaved purple onion | fresh basil | white balsamic chevre spread | arugula | focaccia bread V

Add Chicken \$2.00

B.L.T.T.

turkey breast | applewood-smoked bacon | Monterey Jack | lettuce | tomato sun-dried tomato mayo | focaccia bread

NW Chicken

thin sliced blackberry-coffee glazed chicken breast | lettuce | tomato | hazelnut pesto spread | telera roll

Muffaletta

salami | ham | olive salad | tomato | provolone | telera roll

also includes:

Choice of two Signature Sides see page 6

Potato Chips

Assorted Cookies

Lemonade or Iced Tea | Ice Water

Disposable Tableware

plates | flatware | napkins | drinkware

\$ 22.00 per person

*Gluten free bread or wraps available at additional costs

WRAPS

Green Machine V G

grilled zucchini | grilled carrot | grilled Portobello | lettuce wrap | Tofu Pate

It's No Curry V G

curried tofu salad | carrot | raisin | cashew | roasted mixed vegetables | Romaine lettuce wrap

BOWLS

Chicken Soba Bowl D

chicken | soba noodles | sauteed greens | carrot | green onion | bell pepper | Shoyu-Ginger Sauce

SW Chicken Bowl

quinoa blend | bell pepper | greens | black beans | cheese | corn | tomato | Forks Yum sauce V | SW seasoned chicken | pepitas | salsa G

Teriyaki Bowl

marinated chicken | rice | carrot | broccoli | green onion | Shoyu-Ginger sauce G D

Blackened Prawn Bowl

confetti rice | bell pepper | zucchini | corn | greens | onion | avocado-lime dressing | crispy onion D

Taco Bowl

mixed greens | bean | rice | beef taco meat | cheese | salsa | avocado | tortilla strips G

Curry Bowl

lentil | rice | cauliflower | chickpea | potato | greens | yellow coconut curry sauce | cilantro | pumpkin seeds V

V Vegan

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f&c signature sides

SEASONAL + SAVORY SALADS

French Potato red skin potato
green olive | dill | vinaigrette dressing **V G**

Soba Noodle Salad soy sauce dressing | green
onion | carrot **V D**

Simple Mixed Greens carrot | tomato | balsamic
vinaigrette **V G**

Classic Potato Salad mayo | egg | pickle | celery |
onion **V G**

Tabbouleh Salad bulgar wheat | parsley | tomato
| onion | lemon | olive oil **V D**

Fruit Salad melon | pineapple | berries **V G**

Quinoa Salad citrus dressing | cranberries |
edamame **V G**

Cucumber + Tomato Salad vinaigrette dressing **V
G**

Coleslaw mayo based dressing | carrot **V D**

A la carte

\$2.00 per person

HOUSE-MADE SOUPS

available for groups of under 40
guests

Cheesy Broccoli **V G**

Herbed Chicken and Orzo **D**

Sausage and Kale **G D**

Hearty Vegan Lentil **V G**

Chicken Tortilla Soup **G**

Apple - Butternut Squash **V G**

Roasted Fennel + Potato **V G**

Mushroom Barley **V**

Beer Cheese Chowder **V**

Southwest Corn Chowder **V G**

A la carte

\$2.50 per person

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heatin' up

RAVIOLI

cheese ravioli | chicken | fig-rosemary
brandy cream sauce

SPRING PASTA V

pasta | tomato | peas | asparagus |
butternut squash | pesto sauce

CHICKEN PARMESAN

lightly breaded | marinara | mozzarella

CHICKEN MARSALA G D

marsala mushroom sauce

CHICKEN TIKKA MASALA G

garam masala yogurt marinade

BRUSCHETTA CHICKEN G

pesto coated chicken | mozzarella |
balsamic tomato topping

PORK VERDE G D

tender pork | tomatillo | green chilis |
cilantro

BAKED TILAPIA G

herb butter

SIDES

Parmesan Polenta V G

Mashed Potatoes V G

Roasted Ranch Potatoes V G

Herb Pilaf V G

Herbed Pasta V G

Fruit Salad V G

Simple Greens Salad w/ balsamic
vinaigrette V G

V Vegan

G Gluten Free

D Dairy Free

V Vegetarian

each meal also includes:

Focaccia Bread + Butter

**Sweet Treat Trio | Lemonade or Iced Tea | Ice Water
biodegradable plates | flatware | napkins | drinkware**

\$23.00 per guest | 25 guest minimum

conference menu

LEMON-ROSEMARY CHICKEN THIGH

Marinated and grilled chicken **G** **D**

Herb Roasted Potatoes **V** **G**

\$18.00 per person

ROPA VIEJA

Slow cooked shredded beef

tomato | onion | bell pepper | garlic |
onion **G** **D**

Yellow Rice **V** **G**

\$18.00 per person

TERIYAKI CHICKEN THIGH

Marinated and grilled chicken **G** **D**

Furikake Rice **G** **D**

\$18.00 per person

CHICKEN TIKKA MASALA

Marinated chicken

yogurt | ginger | tomato | cream **G**

Rice **V** **G**

\$18.00 per person

CHICKEN PASTA

PRIMAVERA

pasta | chicken | zucchini | peas | sun-
dried tomato pesto **V** **G**

\$18.00 per person

VEGAN SHEPPARD'S PIE

mushroom | potato | carrot | onion |
celery | peas | thickened herb broth |
mashed potatoes **V** **G**

\$18.00 per person

V Vegan

G Gluten Free

D Dairy Free

V Vegetarian

each meal also includes:

Focaccia Bread + Butter

A Simple Garden Salad + balsamic vinaigrette

Lemonade or Iced Tea | **Ice Water**

biodegradable plates | **flatware** | **napkins** | **drinkware**

all lunch collections priced per guest | 100+ guest minimum